

Newark City News

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COMPLIMENTARY
COPY

NFL drug testing
needs revamp

Racial slurs made by NFL physician
add to problem

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Homeless...Don't judge them--
Help them

SEE PAGE 4

Janet Jackson is Bad

Jackson adds 2nd New York
performance to benefit UNCF

SEE PAGE 7

BRIEFS

NATIONAL BLACK SUMMIT TO MEET IN COLUMBIA IN MARCH

COLUMBIA, SC. (AP)—Thousands of civic and church leaders will converge March 21-24 to develop strategies to counter youth violence, teen-age pregnancy, illiteracy and other problems facing black children and families.

About 1,500 people are expected to attend the first three days of the National Black Family Summit. On the final day, the 10,000-member National Leaders Conference will convene to discuss the issues addressed by the summit.

DANCE THEATER OF HARLEM CANCELS NEW YORK SEASON, LAYS OFF CREW

NEW YORK (AP)—A financial crisis has forced the Dance Theater of Harlem, the first American ballet company to tour the Soviet Union, to cancel its New York City season and lay off its 51 dancers.

The layoffs, which include 15 technical workers and some of the staff, will take effect after the company's engagement at Washington's Kennedy Center for Performing Arts in March, said artistic director Arthur Mitchell.

ARCHBISHOP DESMOND TUTU

APPEALS TO HARVARD TO DIVEST

CAMBRIDGE, Mass. (AP)—Archbishop Desmond Tutu urged fellow members of a Harvard University governing board Sunday to back divestment in South Africa until changes promised by that country's president become reality.

In a news conference following a closed-door meeting of the Board of Overseers, Tutu said that much of what South African President F.W. de Klerk said last week was a declaration of purpose.

"Sanctions should remain in place until certain conditions are met," Tutu said.

Blacks crippled by self-imposed limits

GREENSBORO (AP)—American blacks are crippled by a self-imposed "psychological slavery" that keeps them from achieving success, journalist Tony Brown told a predominantly black audience.

Brown said blacks are held captive by a myth: "If white America doesn't provide an

opportunity for them, they won't have one.

"You are psychologically dependent on someone else," Brown told about 500 people at the annual fund-raising dinner of the state chapters of the National Association for the Advancement of Colored People on Saturday. (Continued on page 3)

Congresswoman angered by 'Darkie' toothpaste

CHICAGO (AP)—U.S. Rep. Cardiss Collins, incensed over Colgate-Palmolive's "Darkie" toothpaste, is threatening to call for a national boycott of the company if it does not discontinue the product.

The Illinois Democrat on Tuesday gave Colgate 90 days to halt production of the toothpaste, which is packaged in a box featuring a portrait of a smiling black man and is sold only in the Far East.

Ms. Collins said if Colgate

doesn't comply, she will start a boycott of all company products.

Colgate President Reuben Mark said he agrees the name and package are offensive and said they will be discontinued "within a year." A new name, "Darkie," has been chosen for the toothpaste, he said.

But that did not satisfy Ms. Collins, who said she and the Congressional Black Caucus have been trying to get rid of the "highly

(Continued on page 3)



Arthur S. Coles, III and his wife Gerri hold street sign designating the renaming of the corner of Howard and West Kinney streets Arthur S. Coles Sr. Plaza. Coles Sr., who died in November 1986, was inducted posthumously into the Newark Hall of Fame. He was a community leader and actively involved in the city's youth.



United States Secret Service Awards—Special Agent Peter A. Cavicchia—in charge of the Newark Field Office—(second from the left)—recently awarded Newark Mayor Sharpe James; Mrs. Mary Mulholland; County Executive Nick Amato; and former Governor Tom Kean with the Secret Service high honors for their cooperation with the Service during the past year.

Photo by Glen Frieson



The State Martin L. King Commission held their annual tribute to Dr. King at Sacred Heart Cathedral in Newark. Rev. Cardon leads the congregation in prayer. Among those present were Congressman Donald Payne; Dr. Clement Price; Mrs. Sabarah Sabin; Rev. Willie Burrows, Executive Director of P.U.S.H.; and Mayor Sharpe James.

Photo by Glen Frieson

Judge orders Housing Officials to pay legal fees

NEWARK, NJ (AP)—A federal judge has ordered U.S. and Newark housing officials to pay the fees of civil rights lawyers who successfully represented tenants challenging the proposed demolition of public high-rises here.

The lawsuit against the Newark Housing Authority and the Department of Housing and Urban Development led to a mediated compromise that allowed some demolition, promised replacement housing, put checks on city efforts to raze more buildings and preserved federal funding.

The judge, Dickinson Debevoise, had stinging words Friday for both agencies in his decision on legal fees.

He said the NHA, now under new leadership, had previously shown "extraordinary ineptitude." Its administration of public housing was "incredibly poor, and perhaps unlawful," he said.

Debevoise said there appeared to be a "deliberate program to reduce the available public housing in Newark and to replace it with commercial interests."

There was also strong reason to believe that HUD violated its own requirements by approving demolition before replacement homes were built, he said.

The agencies were sued by tenants and homeless people represented by a group of civil rights legal offices, including Legal Services of New Jersey, Essex-Newark Legal Services, the Puerto Rican and NAACP legal defense and educational funds, and the Seton Hall Clinical Program.

The lawsuit, filed in March, challenged the demolition of high-rises at the Columbus and Ketchikan homes public housing projects.

Debevoise criticized the duplica-

tion of effort produced by so many groups and lawyers working on the case before it went to trial, the plaintiffs could be deemed the winners for the purpose of awarding attorneys fees because they had achieved their ends: preserving public housing for Newark's poor, the judge said.

HUD was assessed \$126,472 and the NHA \$176,220. Both parties were told to split \$23,500 in costs to the lawyers who brought suit.

Home improvement loans available

Qualified owners of up to four unit buildings in a designated part of Newark's South Ward are eligible for funds to rehabilitate their properties under the City's new Neighborhood Stabilization Deferred Payment Loan Program (NSDPLP), Mayor Sharpe James recently announced.

"Another step toward improving Newark, the program is funded with Community Development Block Grant (CDBG) money and allows owner occupants in the area bounded by Lyons Avenue, Hobson Street, Bragav Avenue and Willoughby Street to receive a deferred loan up to \$15,000 per building to correct code violations and incipient hazards on their properties," James noted.

According to London Farley, Jr., manager of Newark's Department of Development, the NSDPLP is initially considered a deferred loan program. However, the loan becomes a grant if the property owner retains the property for at least 10 years.

Owners whose code and hazard violations exceed the \$15,000 provided by the NSDPLP will be urged to participate in the Rental Rehabilitation Program (RRP), which may match the NSDPLP dollar for dollar, depending on the number of apartments and bedrooms in the building, Farley explained.

In order to qualify for the NSDPLP at least 51 percent of the rental units in a building must be affordable or occupied by low and moderate income tenants. Requirements for participants in both the NSDPLP and the RRP stipulate that at least 70 percent of the rental units in a building must be affordable to or initially occupied by low and moderate income tenants.

All applications will be processed on a first come, first served basis. For further information please call: 733-8466/8400 or visit the Division of Housing Assistance, 32 Green Street, 3rd Floor, Newark.

Police search for phantom Stuart killer stings a community

BOSTON (AP)—Hattie Dudley has a list.

It started taking shape Oct. 24, the day after Charles Stuart unleashed the lie that his wife, Carol, was killed by a black man outside a Mission Hill housing project. That was the day Hattie Dudley saw a young Hispanic man on the street stopped, stripped and searched by

police looking for suspects in the death of the 30-year-old, and white, pregnant lawyer.

She did not know who the young Hispanic man was, but the next time she took names.

Ms. Dudley, who raised her seven children in the Mission Hill project she now runs, collected the names and stories of six young

people subjected to police searches in the hunt for a phantom murderer. She and other residents say there were many more.

"They felt they were all accused murderers," she said of the young men among the 3,000 mostly black and Hispanic residents of the Mission Hill

(Continued on page 3)

CITY PEOPLE

Behold



Newark Public Library will be the home of the 'Behold' statue by sculptor Patrick Morelli. The ten-foot sculpture was unveiled recently. Among those on hand were (l. to r.) Secretary of State Joan Haberie; County Executive Nick Amato; MLK Commission Executive Director Sebarah Sabin

Photo by Emile Dillon



Newark Museum Curator Beryl Wright and Henry Luce, sponsor, inspect items in the show 'Against the Odds.'

Photo by Glen Frieson



ST. JAMES A.M.E. AWARDS GALA—St. James A.M.E. Pastor Watley (center) presents awards to Archbishop McCarrick and Senator Bill Bradley. The affair was held at the Short Hills Hilton in recognition of the humanitarian works.

Photo by Glen Frieson

State Chamber of Commerce Political Train to Washington



County Administrator Jerome Harris, East Orange Mayor Cardell Cooper, former Essex County Freeholder Philip Thigpen and Newark Assemblyman Willie Brown about to board the State Chamber of Commerce Political Train to Washington.

Photo by Glen Frieson



Congressman Donald Payne being interviewed by T.V. crew before his ride to Washington on the State Chamber of Commerce Political Train.

Photo by Glen Frieson



Jersey City Mayor Gerald McCann and Jersey City Assemblyman Joe Charles greet well wishers at the State Chamber of Commerce Political Train to Washington, D.C.

Photo by Glen Frieson

DEMOCRATS HONOR ROSA PARKS

WASHINGTON (AP)—Rosa Parks, the Alabama woman whose refusal to move to the back of the bus 35 years ago was a key moment in the civil rights struggle, was honored Thursday by House Democratic leaders, who said she had changed the nation.

"Rosa, let me thank you personally for sitting down so long ago so I could stand here today," said Rep. Bill Gray, D-Pa., the House Democratic whip.

Dr. William Small, Dean of the School of Social Science at William Paterson College in Wayne, has been selected to participate in the Nicaragua Election Watch Project, which is being organized and coordinated by the Inter-Religion foundation for Community Organization (I.R.C.O.).

Accredited by the Supreme Electoral Council of Nicaragua, Small expects to be sent to the Blue Fields Community in the South Atlantic Autonomous Region to observe the election process on February 25 and to evaluate its fairness. The region is primarily black and English speaking and includes a large population of Indians.



Kraft announces 1990 advertising budget for black print media

RIVERSIDE, CA — Kraft General Foods, a division of Philip Morris Companies Inc., announced a commitment to spend \$1,000,000 in corporate advertising with the Black print media at the National Newspaper Publishers Associations (NNPA) mid-winter workshop held recently.

In a prepared statement Thomas D. Ricke, senior vice president of corporate affairs for Kraft stated the companies strong belief in the effectiveness of the Black press and the work its publishers do to ensure the community receives information that is often not found in other news outlets.

"Not only is it (the black press) an excellent advertising medium but it is also an integral part of the overall media mix needed to reach the black consumer," Ricke said. "Each publication is adept in delivering a critical service to its readership by recognizing the specific needs of the community it serves."

Kraft's corporate advertising campaign will complement the \$5.3 million it already spends in

product advertising with the Black media as a whole.

In questioning Kraft officials in an address concerning the overall advertising budget, Gina Gallovec, manager for communications for Kraft General Foods said she was unable to quote the exact budget for advertising. However, in contacting the Council for Economic Concerns, a consumer group in New York, Roslyn Will, stated that the parent company, Philip Morris, spends over \$2 billion in advertising revenues in 1988. This budget did not reflect their recent Kraft acquisition in 1989.

With the addition of \$1 million to the advertising budget for all black media, Kraft General Foods spends less than 3 tenths of one percent of its advertising budget supporting black media. The largest food company in the US with sales of about \$23 billion, markets many popular food products and brands, including Kraft Foods, Minute Whip, Maxwell House coffee and Oscar Meyer hot dogs.

publishes a quarterly magazine, and produces documentary films.

Blacks crippled

(Continued from page 1)

Brown, host of the popular black affairs television series "Tony Brown's Journal," said the civil rights movement has brought changes in laws that were needed to give blacks an equal footing.

He recently completed his first motion picture, a \$2 million film about drug use called "The White Girl." The film's title refers both to the street name for cocaine and to the way some young black women see themselves. The movie, scheduled for release Friday, deals with two destructive trends in the black community: self-hatred and drugs.

But it takes more than legislation to reverse a 200-year-old mind-set of inferiority that plagues many in the black community. He urged blacks to take pride in their African identity and not wait on others to help them reach their economic and social goals.

"If we want to be equal, let's be equal," he said. "We don't need anybody to give us freedom."

In addition to his television series, Brown writes a column that appears in 150 black newspapers.

Police search for phantom Stuart killer stings a community

(Continued from page 1)

Her list even includes a young woman detained in a police car for 20 minutes until a female officer arrived to don rubber gloves and inspect the woman's private parts, Ms. Dudley says. She doesn't say the search was directly related to the Stuart case, but it illustrates for her the liberties authorities took.

Police do not discount such stories outright but say no one has come forward to complain of police conduct in the Mission Hill search.

Martha Knight might have come forward. But her son cannot identify the woman who searched him. He was standing at an intersection with a girlfriend when police surrounded him on all sides. They made him pull down his trousers and then his underwear and shined a flashlight on his buttocks, she said. Then they let him go.

"It makes you angry," said Ms. Knight. "It makes you feel less than human. And who do you complain to?"

Officers combed Mission Hill with the description of a black man existing only in Stuart's imagination: 28 to 34 years old, about 5-foot-10, weighing 150 to 160 pounds, with a ratty voice, a short Afro and splotchy facial hair.

Police spokesman Jim Jordan said basic homicide investigation procedures were followed in the

search for suspects, and authorities point to a long-standing policy of investigating civilian charges of misconduct.

But Ms. Knight and others say they don't know where to turn. They are distrustful of the police to begin with, an apprehension reinforced in recent months by a citywide drug crackdown—before the Stuart shootings—in which suspected dealers were stopped and searched on the street.

After Stuart himself was implicated in his wife's death and jumped to his death from a bridge Jan. 4, the outrage burst forth in angry, collective protests. Many leaders of the minority community now fault the police for their readiness to accept a stereotypical suspect. Police countered that no one doubted Stuart in the early weeks and that they would have been derelict not to have based the search on his description.

Police installed a 24-hour complaint hotline, and the state attorney general is looking at both the stop-and-search tactic and the manner in which individuals were questioned in the Stuart case.

But Deputy Superintendent Arthur Morgan Jr., who heads the police internal affairs office, said he still knows of no unjustified searches.

"I need someone to come up and tell me they've been stopped

illegally and searched illegally and point out the policeman who did it," Morgan said.

Hattie Dudley is keeping her list to herself. She doesn't trust government investigators, she said.

"All during the civil rights movement, there was the FBI and the Justice Department investigators," she said, "and all we got from them was a dead leader—Martin. Martin Luther King."

In the days after the Stuart shootings, many Mission Hill residents were as eager as others throughout the city to see a suspect caught.

"The man who did it should be taken out," Anthony Stanley, 23, said two days after the incident. "We got to get the death penalty back. The guy was foul. He had no heart."

But then they watched day after day—until several weeks later when the investigation focused on a suspect in custody for another crime—as young men were stopped on the streets, told to lean spread-eagle against police cars and searched.

"It was just crazy times, something you see in the movies," said Ms. Knight, a community organizer. "Even though there were more police, we didn't feel more protected..."

"It makes you think that they

can come in just because of where we live. I'm sure they couldn't go to Beacon Hill or some other middle-class neighborhood and do the same thing."

Hector Mercado said he was stopped and patted down three or four times.

"It was like a war zone. A lot of cars, a lot of police going inside of hallways, checking day and night," said Mercado, 19, who is studying for his high school equivalency diploma. "I feel badly because they didn't have no right."

For one of the searches, Mercado was stopped on his way home after escorting his wife, Madelyn, to her parents' apartment. He was walking along the street minding his own business, he said, when three officers ordered him to halt on his gun," Mercado recalled. "They said, 'Stup and get behind the car.'"

One officer warned him: "I don't want to see you around here."

Around where? Mercado now asks. Mission Hill is his home. It might not be the best place in the world, but it is home.

"We were a people full of dignity. There was a real sense of community and belonging and comfort," Ms. Dudley said. "You know when you're home, that related feeling."

For now, she said, that's gone.

Toothpaste

(Continued from page 1)

"That's not soon enough," she said. "It should have been changed already. I want him to be able to tell me that within 90 days there will be an end to the use of the name and the package, or I will call a boycott."

The congressional suit said the package "has a stereotypical black American with a top hat on. His eyes are bugged. His teeth are grinning. And it's highly offensive."

Colgate bought 50 percent of the company that makes the toothpaste, Hawley & Hazel Co., about three years ago, Mark said. The toothpaste has been popular in the Far East for 60 years.

At Colgate's insistence, Mark said, the package and name are being phased out country by country. A publicity campaign is being used to familiarize consumers with the product's new name.

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ON THE MONEY

Griffey's African Connection Questioned: Rep. Mervyn Dymally is making light of questions into his liaison with SOLAR records chief, Dick Griffey to help him win a \$12 million contract for the sale and shipment of Angolan crude oil. But, Dymally is known for his attempts to help black-owned firms do business in Africa and the Caribbean. Griffey's firm—African Development Public Interest Corp., has been trying to get a stronger economic foothold in Africa trade for some time, while Griffey has on occasion accompanied Rep. Jackson, as well as Rep. Dymally, on trips to Africa. In fact, the African Development Public Interest Corp. placed 64th among the nation's largest black-owned firms, posting revenues of 12.5 million for 1988. Griffey funded the Coalition for a Free Africa in 1986. Dymally is on the board. However, Dymally, who denies any covert activities, is accused as stating, "the Department of State is pleased with my work in Africa, and more than 30 million African Americans will benefit when we are able to do business with Africa."

New Orleans-based black-owned TV Station Files Chapter 11: Last spring, Barbara Lamont, by all accounts, became the first black woman to own and operate a commercial TV station. Just six weeks after her on-air debut in New Orleans, WCCF (Channel 49) pulled a two point share in the marketplace, which was a strong showing—albeit considered. With the other independents at 6 and 7, Lamont was pleased. However, last month Lamont filed for Chapter 11 protection for WCCF, and is now in a state of reorganization. Lamont, a 52-year-old former cabaret star and news anchor founded its parent company—Crescent City Communications in 1984, and also serves as president of the New Orleans Teleport, a satellite communications facility. Prior to founding WCCF, she served a Director of Operations for Nigeria's television network, serving over a million people. When asked of the pressures involved in running the station shortly after the station bowed in on the air—March 19, 1989, she replied, "it's just like fourteen babies at one time. I wake up in the middle of the night, and rush to the set to see if we're still on the air."

Just How Much Does Being A Good Girl Pay Off? Two economists analyzing national data from 1967 through 1985 have concluded that girls who completed high school and did not become teen moms tended to avoid poverty later in life. In fact, average household income was 50-100 percent higher than those of their counterparts who had children out of wedlock while still a teenager. In terms of dollars and cents, the minimum income for black women in the study in the early 80s was a startling \$17,700 (for those who did not get pregnant) to \$8,300 (for those who did). Researchers also revealed that the drop in living standards was dramatically sharper for teen moms, due to falling rates of marriage, lower earnings for the husbands of teen moms, and falling welfare levels. In Short: Speaking of financial troubles, comedian Redd Foxx's Zimmer Opera Comp, seven other classic automobiles and over 400 other items (including his personal collection of phonograph records) got a 30-day reprieve from the auction block Saturday when a last-minute federal court order halted an Internal Revenue service sale of the entertainer's Las Vegas home, fleet of cars and other belongings. However, the stay is only temporary until a judge can determine who gets first crack at Foxx's property: the IRS or creditors left over from a \$900,000 1983 bankruptcy that Foxx filed.



COMMENTARY

Editorial

East and West Meet

Current trends toward democracy in Eastern Europe, China, and now concessions in South Africa, give the student of democracy considerable hope and speculation that finally all the world may be realizing what we Americans already knew.

For us democracy is the only way. Give us liberty or give us death! Just maybe political leaders around the world are beginning to realize the limits of human tolerance? Or, have they studied our great example and discovered that they can have their "cake and attempt to eat it too".

That is, America is perceived as democratic yet does not enforce equal opportunity for all. Eastern European and Communist leaders can appear to be reformist because of their willingness to give more concessions than any other such leaders in history. In reality, current political changes are nothing more than these same leaders trying to maintain power a while longer after realizing that the peoples' tolerance limits have been exhausted.

Through the sixty's, it was clear that African Americans were reaching the threshold of their tolerance limits for abuse and degradation. The same rebellions and demonstrations occurred. Dr. King's death, while causing a dramatic hostile reaction, interrupted the movement toward freedom and progress.

More than twenty years have passed and there has been little progress. In fact there has been a regression. Only lately have the "boomers" and their babies, the "me" generation, begun to feel uncomfortable again.

Only recently, have those who moved into the corporate world and have their children in the prestigious Ivies, seen their companies downsized and their lifestyles jeopardized. As a people, African Americans have seen work with no lasting reward, have toiled without securing a better place for their offspring, have seen politics and economics join forces to the demise of individuals, families and communities. The signs suggest that African Americans' tolerance for abuse and degradation is reaching its limits.

It is time that political leaders stop feeding into the myths and platitudes, its time that people of good will look face to face with future challenges and develop strategies that will lead to real improvements in the way people live and grow in this country.



Social Security Commissioner Gwendolyn King recently visited Newark's Elizabeth Avenue Community Center to answer questions directly from Newark Seniors about the Social Security System.

Photo by Glen Frieson

Quote of the Week

We realize that our future lies chiefly in our own hands. We know that neither institution nor friends can make a race stand unless it has strength in its own foundation; that races like individuals must stand or fall by their own merit; that to fully succeed they must practice the virtues of self-reliance, self-respect, industry, perseverance, and economy.

Paul Robeson



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As I See It...

Commentary by Connie Woodruff



The ballot for Mayor and City Council in the Newark municipal election May 8 may be so crowded it may tip the scales in favor of the incumbent councilmen whose names will be most familiar to the average voter.

However, problems could be more severe for at least two to have the kind of opposition that will plague them until the last vote is counted.

In the West Ward incumbent Senator Ron Rice will feel the heat of three tenacious opponents: David Wright, a long time activist who enjoys giving the status quo hell; Patricia Bradford, whose reputation has been built through her relentless pursuit of the Newark Board of Education from board members to Superintendent Eugene Campbell; and like Thomas, a businessman and former advocate of Mayor Ken Gibson.

The other tug of war will probably be centered in the Central Ward which former Assemblyman Eugene Thompson votes he will win against incumbent councilman George Branch. But Rosalie Martin says it's time for a woman to hold that seat; and that old perennial candidate, Duke Johnson, is rumored ready to make his third or fourth try for the office.

However, city hall watchers are keeping a sharp eye out for Pearl Beatty, former Newark Planning Board secretary, Preholder and chair of the Newark Housing Authority board of directors.

Victor DiLuca of the East

Ward thinks he's got it all together for a successful run at-large, an office he sought four years ago. This time he may find himself running against Ted Pinkney, among others like Carole Graves of the Newark Teachers Union, Newark deputy mayor Luis Quintana and community activist Mildred Crum.

Pinkney's candidacy will conjure up old memories of VIC (Voters Information Council), which he formed with friends like Andy Washington, Jim Walker, Dr. Robert Curvin, Harry Wheeler, Gene Campbell and Earl Harris, to mention a few.

VIC made its debut in the mid-1960s, in a time before women were considered important in the black political equation, therefore, only a handful of females were privy to the strategy and planning for the election of a black mayor and members of the city council.

For all his competence and political savvy, Pinkney could not win the election although some VIC alumni like Harris, Sharpe James and a few others used the knowledge they gained for victories at the polls.

It has been years since Ted Pinkney has shown more than a casual interest in the body politic. He returned to his profession as a teacher in the Newark school system and it was assumed his fierce love of politics had been laid to rest forever.

But if what we hear is true, 1990 voters are in for a treat from this man who is an excellent speaker, witty and direct when challenging an opponent. He's

sure to be a breath of fresh air on the campaign trail.

The death of someone who has been a fixture in the community for a lifetime, leaves a void that is not easily explained.

That sentiment is echoed by many people who knew and loved Mr. Willie Hurt. He was affectionately "Uncle Wee" and "Pop" to many old-timers and their progeny.

Mr. Hurt was born in Newark, June 4, 1897 and lived there 90 years. He moved to Irvington three years ago when his niece, Mrs. Alma Plaster, with whom he had lived many years, moved from the city.

He...could hold one spellbound for hours with his fascinating stories about Newark in the early 1900's.

Willie Hurt was a product of the Newark Public Schools, attending Cheamun St. school as a youth. His parents, the late John and Jennie Ann Hurt and his sister, Lottie (deceased) were well known in the East and Central Wards.

As long as I can remember Uncle Wee was an avid armchair politician. He never desired to run for public office but he would argue the pros and cons of political issues as long as anyone would listen. Despite his advanced age, in his birthday party last year he

grabbed anyone available at the moment and insisted on discussing some current issue.

Willie grew up in Newark before the contemporary garbage trucks were the norm. As a youngster, he worked with his father as a driver of a horse and wagon for the city Dept. of Sanitation and could hold one spellbound for hours with his fascinating stories about Newark in the early 1900s.

He was one of the first black drivers for the Newark Evening News Delivery Service before enlisting in a "CCC" camp in 1935. After that stint he took a job as a moulder for the Bendix Aviation Corporation until his retirement as a "happy senior citizen."

Mr. Hurt was always happy, especially when he was entertaining, something he did often and well. Almost to the end he enjoyed his nightly "nip" for "medicinal purposes" and we will always remember how elegantly he bent his elbow with the best of 'em.

He was married to the late Hattie Hurt and although the couple never had children of their own, he was a great family man, caring for his mother (who died at age 100) and being a father figure to his nieces and nephews.

As I see it, we're lucky to know people who can teach us the real meaning of being a good neighbor, one who was consistently happy with life, who always had a smile, a quick wit and infectious laughter that somehow makes his passing easier to bear.

The Homeless...Don't judge them, help them!

Human Life in our society is judged and categorized by looks, money, education, position and level of power. The proper way to measure our society should be by our God-given talents (of which many do not know their true strengths and weaknesses), by our personality and attitude, by the quality of the heart, (are we good or evil) and by our concern for others. (are we selfish and self-centered or caring).

Education is a tool we use in order to give our children an opportunity to grow up and become

City adopts new ordinance to save trees

Mayor Sharpe James has announced that the City of Newark has adopted an ordinance requiring that trees removed from a construction site must be replaced by the developer with trees of an equal diameter.

"Residents, corporations and the municipal government are working together to beautify Newark," the Mayor said. "This is a good way to maintain our beautification efforts to physically improve our environment. We are simply requiring developers to join us in our efforts."

The ordinance states that "if the site cannot accommodate the number of trees required as replacement, the developer shall be required to pay into a special Planting and Preservation Fund. The amount to be paid will be determined by the Director of Engineering."

The species and type of the replacement trees must be approved by the Department of Engineering.

According to Engineering Director Alvin Zach, "The preservation of healthy, oxygen-producing shade trees is important not only for the beautification of the City of Newark, but also for the health of our residents. We want the developers who build in Newark to think about the whole picture and not just their building or buildings."

productive citizens, contributing to society. It is time to educate society on the topic of homelessness and the many ways we as a whole can contribute to wiping it out.

When confronted with the situation of homelessness, most people will walk away, turn their back or make believe the problem does not exist. I know because I was one of those people until I almost became homeless. I had a wonderful managerial position which I secured with a Fortune 500 company for 10 years. Due to circumstances beyond my control, I found myself on my way to becoming homeless. If it can happen to me, it can happen to you or someone you know.

We all make mistakes at times. No one is perfect. Hopefully we learn from our mistakes and don't repeat the same ones over and over again. We are always told that one of the best ways of learning is through our mistakes. If we are honest with ourselves, we realize this. However, when others makes mistakes we are usually harder on them than on ourselves. If we would learn to live by the "Golden Rule" - treat others as you would have them treat you, we would become more patient and tolerant of our neighbors and surrounding problems. Although my situation was not of my own doing, and such is the same for others who are currently homeless, there are those who have made mistakes and have placed themselves in a

state of homelessness.

It is time to stop judging them and stand helping them. People need to be given a chance to get it right. God forgives, but society labels. One of the areas, (which I will address) which we can help to raise the level of consciousness about the homelessness situation and provide assistance is in the area of jobs/employment.

What does a person do who has just come out of prison ready to make a new start in life, when he has a horrible time finding a job where someone will hire him. Because the situation looks hopeless and society rejects, rather than becoming homeless, prison brings to look like the only alternative.

I have interviewed people who have been laid off, or the company who employed them went bankrupt. For one reason or another they have lost their job. Some have expressed that if they did not get help soon, they would be homeless and will probably break a window. "I would rather go to jail than be homeless." One might find this unacceptable, but without conditioning, this is the reality of homelessness.

What does a woman do who for example has 2 or 3 small children and her husband leaves her, no longer adding his support both emotionally and financially. Chances are that she will not be able to hold on to her house and the material things she is used to having. Without relatives to take

her in, or no job skills, homelessness becomes a reality. The cost of child care is high and unless a woman can command a high paying job, her take-home pay will keep her and her children at a near poverty level.

Men and women who are now found in shelters are no longer, (as I used to think) poor, uneducated, lazy, not interested in helping themselves, or substance-abused. Although these are also problems of which our society should address, people in shelters come from all walks of life.

I have given a few examples of circumstances that can hit someone and possibly bring them to homelessness. What can we do about it? First attitudes must change. Don't judge them, be thankful that you are not them. Help where you can. Out of your blessings, bless others. Donate food, clothing, money. Volunteer your time. In the area of jobs, if you are an employer or have a friend who is, tell them that Golden Opportunities Outreach, a nonprofit organization dedicated to meeting the needs of people. Whether it be jobs, job training, transportation to jobs, dress for success and more, Golden offers all services - FREE OF CHARGE!

Let's help get these people jobs and back on their way to becoming productive citizens. Remember that what you bring into the lives of others, will come back into yours.

Newark City News, a new weekly publication, focuses on the Newark community and greater Newark areas. We invite you to send us your news of events, promotions, club and social news, church news, school news, sports, non-profit fundraisers--those things you want your friends and neighbors to know about.

Send your information to:

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PO BOX 22889

Newark, New Jersey 07101

Newark, N 07101

or call 504-9300 for assistance

PT's clubhouse



This meeting of PT's Clubhouse is now called to order. PT's Clubhouse welcomes the following new members: Ebony L. Tucker, E. Orange; Ronald Benson, Newark; Canice L. Moore, Hillside; Latasha K. Jones, Kashawn D. Jones and Tamika K. Jones, Plainfield; and Morgun Brown, Desmond Brown and Mon-el Brown, Jersey City.

For all our new members, watch your mail, we have a surprise for you.

PT's Clubhouse Membership Form

Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Phone Number _____
 Birthday ____/____/____
 School _____
 Send to: PT's Clubhouse
 P.O. Box 1774
 Plainfield, NJ 07061
 OR Call 754-3400 and give the information as listed above.

Word Scramble

Hint: CIVIL RIGHTS MOVEMENT

- | | |
|-------------------|----------------------|
| 1. TOUSH _____ | 5. NMOITMREGYO _____ |
| 2. CLABK _____ | 6. TEWHI _____ |
| 3. ELEOIVNC _____ | 7. OLVE _____ |
| 4. WLA _____ | 8. OVOERCME _____ |

Answers to last week's word scramble.

- freedom
- march
- protest
- rights
- police
- equality
- movement
- nonviolence
- civil
- activist

Word Search

p b i r m i n g h a m s
 o e p a o s e e f c j p
 s h m c j b g c s u m e
 i f j i m c r o w p o e
 t o t a v h a c b w l c
 i s p l i b e r t y n h
 v h b l o j d c i e l r
 e i n t e g r a t i o n
 d i s c r i m i n a t e
 p r e j u d i c e h d i

Can you find these words?
 racial, liberty, positive, speech, Birmingham
 integration, discriminate, prejudice, Jim Crow

This is the club for you. We would love to know your ideas. If you have any stories about school, friends or family, send them to us.

The free membership entitles you to future discounts and fun.

In Recognition of the All City Football Team

The 1989-90 All City Football Team members were invited before the Newark Board of Education to receive recognition and awards for their outstanding performance in football during the 89-90 season.

The Board of Education, its schools and the community are certainly very proud of these young men as they strive for excellence. The Board Members extend their congratulations and support and encourage these students to continue putting their best efforts into all aspects of their education.

First Team Offense

Nolyn Ewell-Center
 Barringer, Senior
 Yusel Sellers-Guard
 M.X. Shabazz, Sophomore
 Marquinn Gipson-Guard
 West Side, Senior
 Andre Frison-Tackle
 Central, Senior
 Al-Trek Williams-Tackle
 West Side, Senior
 Ammaurd Notton-Receiver
 West Side, Senior
 Stanton Washington-Receiver
 Weequahic, Senior
 Carlos Rivera-Receiver
 East Side, Senior
 Kevin Johnson-Running Back
 West Side, Senior
 Marquis Porter-Running Back
 Weequahic, Senior
 Andre Scott Taylor-Running Back
 M.X. Shabazz, Senior

Ricky Maxwell-Running Back
 Central, Senior

Devon Henry-Kicker
 West Side, Senior

Spencer Daniels-Punter
 Weequahic, Junior

Lawrence Taylor-Kick-Off Returner
 West Side, Senior

Germaine Ortiz-Punt Return
 East Side, Junior

Second Team Offense

Brian Humphrey-Center
 West Side, Junior
 Alex Mora-Guard
 East Side, Senior
 Barry Seary-Guard
 Weequahic, Junior
 Hector Santiago-Tackle
 M.X. Shabazz, Senior
 Calvin Gilliam-Tackle
 Barringer, Senior
 Phil Green-Tackle
 M.X. Shabazz, Senior

Slavil Meninga-Tackle
 East Side, Senior

Shonnell Goodloe-Running Back
 West Side, Junior

Marcus Alexander-Running Back
 Weequahic, Junior

Carmelo Pugliese-Running Back
 East Side, Senior

Sawie Batamahsa-Running Back
 Central, Senior

Simeon Hibbert-Receiver
 Barringer, Junior

Tracy Colon-Receiver
 East Side, Senior

Marshall Moss-Receiver
 Weequahic, Junior

Jose Couto-Punter
 East Side, Senior

Derrick Matthews-Kick-Off Returner
 Barringer, Senior

Rahshai Stevenson-Punt Returner
 Weequahic, Sophomore

First Team Defense

Cesar Delacruz-Linebacker
 East Side, Senior

Ed Wallace-Linebacker
 Weequahic, Senior

Anthony Lee-Linebacker
 Barringer, Junior

David Ayers-Linebacker
 Central, Senior

Thomas Dudley-Running Back
 M.X. Shabazz, Senior

Shelby Walton-Running Back
 East Side, Junior

Leroy Cooper-Running Back
 Central, Junior

Maurice Home-Running Back
 Central, Junior

Kenny Lyon-Running Back
 M.X. Shabazz, Senior

Jermaine Duncan-Linesman
 Weequahic, Senior

Sean Goodman-Linesman
 M.X. Shabazz, Junior

Tony Laureano-Linesman
 East Side, Senior

Willie Weston-Linesman
 Central, Junior

Second Team Defense

Kids Anti-Drug video

auditions planned

KATHY'S CABLE KIDS, a non-profit children's TV program is holding auditions for kids 7 to 17 with special interests, hobbies, or talents for its new anti-drug series, "Feeling Good."

KATHY'S CABLE KIDS, produced by Kathy Renna Enterprises, a 2-time, National Award Winner, enters its 5th season on Manhattan and NJ cable and anti-drug commercials on ABC.

Special interests may include, Sports, Acting, Dancing, Cheerleading, Music, Computing, Collecting, Science, etc.

Auditions no longer than 2

minutes.

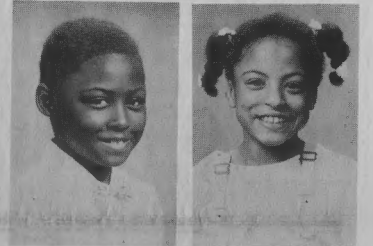
Bring resume and picture. Auditions at Broadway Dance Center, 1723 Broadway (5th & 56th), 4th Floor, Sunday, February 11, 1:00 p.m. Auditions videotaped for "Feeling Good" as examples of kids auditioning. NJ auditions held Sunday, February 18, 1:00 p.m. at Kathy Renna Enterprises, Echo Plaza, Rt. 22W, Springfield, NJ.

No Salary.

Call for appointment (201) 376-2111.

Audition videos accepted.

Brother and Sister need a home



Raymond

Tina

Raymond is Tina's younger brother. He is need of an adoptive home which will provide love and an involved, structured family setting to help him overcome the difficulties he encountered with his biological mother. He has been classified by the school system and presently attends a special class. Raymond has benefited from one on one and smaller group learning settings in the regular classroom. He is accepted by his classmates and his interaction with peers continues to improve. Therapeutic intervention with the school psychologist will need to be maintained following placement. At home, Raymond has had some adjustment difficulty with structure and authority. Although these problems occur in the home, Raymond is considered a friendly and kind youngster in school and other out-of-home settings.

Tina is a young black girl who needs love and structure from an adoptive home. Developmentally, she experiences difficulty communicating due to obstacles she encountered early in her life. Tina is currently enrolled in a school for special learning problems where she receives speech, physical, and occupational therapies. She has shown improvement in behavior, appearance, and self-esteem since her enrollment in the specialized educational program.

At home, Tina exhibits a loving and caring attitude. She freely shares toys and displays non-aggressive play with others. She plays with age appropriate items and enjoys frequent family outings. She is showing age appropriate integration and independence in her current foster family setting. Tina requires an adoptive home which will continue to provide the special consideration and care for her to continue to overcome her disabilities, both in the home at school.

From checkers to skiing Newark Recreation Division has it all for the month of February

The Newark Division of Recreation and Cultural Affairs (DORCA) announced today that DORCA's Camp Watershed Ski Program is currently underway at the beautiful Crainmeur Ski Area in Newfoundland, New Jersey.

Newark residents between the ages of 7-20 are eligible to participate. The instructional sessions take place on Saturdays. Skiers depart at 8:30 a.m. and return at 5:30 p.m.

Those who have participated in the program in the past are excited about "getting back on the slopes," Valerie James, Camp Director, said. "Most can't wait for another opportunity to try their hand at skiing. My biggest enjoyment comes from watching these young people who have little or no experience when they go up and, at the end of the day feel they're ready to take on the slopes."

Applications with the schedule and place of departure can be obtained at the DORCA office at City Hall, Room B-23 or at any DORCA recreation site. The program ends March 17, 1990.

In other related activities, the recreation division's checkers tournament will run from February 6 - 10, 1990 at all DORCA recreation sites. All Newark residents are invited to participate.

Each site will have two winners who will then be invited to play in a marathon checkers tournament. The marathon tournament will be held at Hayes West Recreation Center, 179 Boyd Street on Saturday, February 24, 1990 at 1 p.m.

For further information about the checkers tournament, contact the DORCA office at (201) 733-6454, and for more details on the ski program, contact Valerie James at (201) 733-3940.

PRE-MEDICAL/ PRE-DENTAL PLUS PROGRAM

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CITY LIFE

Janet Jackson adds 2nd New York UNCF benefit performance

Shows sell out within hours as her single 'Escapade' enters the Top 10



Multi-platinum recording artist Janet Jackson will perform a benefit concert for the United Negro College Fund on Friday, March 16 at 8 p.m. at New York City's Madison Square Garden. According to William Allen, UNCF Executive Vice President and General Counsel, "We are elated to accept Janet's generous

offer to lend her talents to help deserving students complete their education." Allen continues, "Jackson is a role model for all young people to emulate and the message she has gotten to the young people of this country through the lyrics of Rhythm Nation 1814" is having positive effects."

terrible thing to waste," provides support for 41 private, historically black colleges and universities that enroll some 48,000 students. Since its inception in 1944, UNCF has raised over 600 million dollars for black higher education.

Tickets for the concert go on sale on Monday, February 5 at 9 a.m. Tickets for sixty percent of the house will be priced at \$22.50 each. Special premier benefit seating will be sold for \$50, \$75 and \$250. Tickets at all price ranges can be purchased at the Madison Square Garden Box Office and through TicketMaster (212) 307-7171. The \$250 VIP tickets are also available through the United Negro College Fund offices at (212) 326-1200.

Janet's latest album *Rhythm Nation* has sold four million copies. Her third single from this album, "Escapade," is currently 9th on Billboard's chart after four weeks of release. This follows the debut #1 platinum "Miss You Much" and gold #2 "Rhythm Nation" singles from this album.

All ticket proceeds from the March 16 benefit concert will be used to establish an ongoing fund to be known as the "Rhythm Nation Scholarship." The UNCF, known by the motto, "A mind is a

NEW YORK --In 1940 in response to Hitler's edict banning many American musical compositions, WNYC founded the American Music Festival. Fifty years later the festival continues to tap the nation's musical tradi-

Rhythm Nation/Control Milestones

1. Janet Jackson's *Rhythm Nation 1814* (the album) was released September 17, 1989, shipped platinum, was double platinum within 30 days of release and is rapidly approaching triple platinum.

2. *Rhythm Nation* was the #1 album in the country for four straight weeks and #1 album for three straight weeks on Billboard's Top Black Albums Chart.

3. *Rhythm Nation* was selected as the Winner - "Rock and Roll" Audio Category - 1989 Parents' Choice Awards.

4. Janet Jackson's *Rhythm Nation* (the video) shipped quadruple platinum and entered CVC Highest Debut at #1.

5. "Rhythm Nation" (the single) was released on October 24, 1989 and was certified Gold.

6. "Miss You Much," the debut single from the LP, was released on August 4, 1989, shipped gold, and was platinum in a month.

7. Radio and Records Magazine picked "Miss You Much" as the #1 single for 1989.

8. "Miss You Much" was the first single in a year to log four weeks as the #1 single in the country and Janet Jackson was the first female in four years to do so.

9. "Miss You Much" (video) was the first video ever to be #1 six weeks in a row on the CVC Report. CVC called it the hottest video in their history. It was #1 on MTV for two weeks and #1 for three weeks on VH-1.

10. *Control* sold over five million records in the U.S. alone without a supporting tour and revolutionized the music scene in 1986.

Ground-breaking and record-breaking, Jackson was the first female artist to ever land five Top 5 pop hits from a single album on the Billboard charts with *Control*.

12. Janet became one of only six artists who ever held the #1 position on the dance, black and pop charts simultaneously.

13. *Control* spent 47 weeks on Billboard's Top Album chart, 24 of those in the Top 10 and two at the pinnacle #1 spot.

14. *Control* had an unprecedented six #1 singles on Billboard's Hot Black Singles charts, including "What Have You Done For Me Lately," "Nasty," "When I Think Of You," "Let's Wait Awhile," "Control" and "Pleasure Principle."

15. *Control* paved the way for the acceptance of young female artists; and it has breathed new life into the music video form with concepts high in energy and dazzling choreography.

WNYC presents American Music Festival's 50th Anniversary

This year's American Music Festival—which begins Monday, February 12—will expose listeners to a cross section of American vocal, classical, folk, and improvisational music.

The American Music Festival begins on Monday, at 11 a.m. and ends Friday, February 16 at 10 p.m. on WNYC/FM94. Throughout the week at 11 a.m. and 2 p.m., WNYC/FM94 will present "American Composer Features," short profiles of 15 prominent American composers. Along with the daily feast of home grown sounds offered on WNYC's morning and afternoon programs,

the festival will feature these specials:

Monday, Feb. 12, 7-8 p.m.: "Irving Berlin—Awards"; 8-9 p.m.: "Contemporary American Vocal Music"

Tuesday, Feb. 13, 9-11 p.m.: "Virgil Thomson Memorial Concert"

Wednesday, Feb. 14, 7-9 p.m.: "Oscar Brand's folksong Festival 45th Anniversary Show"

Thursday, Feb. 15, 7-9 p.m.: "Al Grey Sextet and Charlie Byrd Trio"; 9-11 p.m.: "Improvisers Unlimited"

Friday, Feb. 16, 7-10 p.m.: "The John Hammond Special"

The Screening Room By Dean Shuyter

☆☆☆☆☆

'BORN ON THE FOURTH OF JULY': REQUIRED VIEWING

The producers of "Top Gun" wanted Matthew Modine to play Maverick, the sexy Navy flying ace. He turned them down; his conscience wouldn't let him make a glossy advertisement for military life. Tom Cruise, of course, took the role, and became a big star. How many new recruits signed up is unknown.

Now Cruise has burned up some of that karma and, in the process, given an almost unbearably moving performance in an almost inexpressibly powerful film. All the raving you've heard about Oliver Stone's "Born on the Fourth of July" is justified. It takes its place as one of the greatest, most eloquent anti-war films ever made.

The script (which Ron Kovic, working from his memoir, co-wrote with Stone) follows Kovic from his youth in Massapequa, Long Island, to his service as a Marine in Vietnam, to his return home as a paraplegic. In the process he comes to question his unthinking love-it-or-leave-it patriotism and becomes a leader of Vietnam Veterans Against the War.

The film is very, very harrowing. It shows very graphically what bullets do to people. This is not to be confused with the obscenity of films that exploit violence, that wallow in blood for the sake of titillation—or with the worse obscenity of the clean-kiln body-count films, from John Wayne to Stallone, in which dehumanized enemies are picked off like so many hostile asteroids in a video game. The reality is that when someone is shot he generally either dies, leaving a devastated family, or is sentenced to a devastated life of frustration and mutilation. Ron Kovic dreams of being whole, of having sex, of walking; he wakes each morning to the knowledge that that will never be.

I recently saw a documentary on Vietnam in which Dean Rusk complained that it's impossible to fight a war when the folks back home see televised battle scenes in their living rooms every night. That's exactly why television may finally make all wars impossible, just as it helped make totalitarianism impossible in eastern Europe; it's exactly why "Born on the Fourth" should be required viewing, especially for men of draft age. Even when I saw Stone's "Platoon," a man in the next row kept rooting loudly for the good guys to blow away the commies. No one could make that mistake with this film.

I was already shaking—physically shaking—before the opening credits even started. When we see little Ron Kovic, playing out of sync with his friends, and know where it's going to lead, it carries the combined weight of tragedy and Original Sin myth. At first we suspect that Stone's directorial style, in which every shot seems to be in Capital Letters, can't possibly maintain that level of intensity. But the material—including the horror of accidental shootings, the loathsome of a rat-infested veterans' hospital, the hopelessness of the quip-swilling, wheelchair-bound vets killing themselves slowly in sleazy Miami cantinas, and Kovic's eventual determination to take a stand—continues to astonish us as, possibly, its power builds and builds.

Stone's mistakes are rare: he puts a little too much tie-dye on the anti-war demonstrators, repeats a flashback of a crucial war experience once too often, and flashes back to Kovic's mother's prophecy when it's fulfilled rather than trusting the audience to remember it. These are niggling flaws that might go unnoticed in a lesser film, but not in a near-perfect one like this.

Some people say that the protests of the Sixties failed, that the peaceenics and hippies merely scared the nation into electing Nixon and Reagan, then went on to become stock brokers themselves. I don't believe that's the whole story. We toppled Johnson. And, although Nixon and Kissinger needlessly prolonged the war, we created a climate in which new Vietnam came impossible.

...at least for a while. Things may be changing. George Bush, perhaps because 30-second commercials got him elected, is betting we have short attention spans and short memories. (For example, after six months we're supposed to forget the slaughter at Tiananmen Square and applaud while Bush's men toast the murderers.) Now South America looms as the next Vietnam.

The defense contractors whose profits require permanent war mobilization (the military-industrial complex that Eisenhower warned against) have a problem. The collapse of monolithic world communism—it was the communists who should have been worrying about a Domino Theory—requires a new enemy. The Panama invasion, our biggest military adventure since Vietnam, where hundreds of civilians died in our blundering attempt to kill an embarrassing C.I.A. employee, may be merely the opening salvo in the hot phase of the too-often named Drug War.

Twonder if Ron Kovic saw the footage of the President coming out of the Army hospital, telling in hushed, reverent tones of the freshly paralyzed young soldier who thanked him for sending him to Panama. Is Bush determined to go the way of Lyndon Johnson? How many will have to be crippled and killed before we reach that point where we will not defeat the drug trade for the same reasons they did not defeat social revolution? In both cases the causes—poverty and despair—must be rooted out.

Perhaps if we can learn and remember and apply that lesson, the maiming of Ron Kovic will have accomplished something.

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Players' Company does 'Tambourines to Glory'

The Players' Company, commemoration of its fifteenth anniversary will be presenting its production of the Langston Hughes musical/comedy, *Tambourines to Glory*, beginning February 8-March 11, 1990 at the Mill Hill Playhouse, East Free and Montgomery Streets, Trenton.

This production is being directed by The Players' Company's founder, Don Evans. Evans, who has authored such audience pleasers as *It's Showdown Time*, *One Monkey Don't Stop No Show*, *The Trials and Tribulations of Staggerlee Booker T. Brown*, *Spooks*, *Hollywood Hustle*, and *A Love Song for Miss Lydia*, has seen his works produced at Crossroads Theatre, Billie Holiday Theatre, NY, Henry Street Playhouse, NY and the Negro Ensemble Company, NY, as well as

other regional and college theatres across the nation.

This production includes superb musical direction by Kenneth Moore, production by Trenton's Carolyn Stokes Elementary School and features the Revelation Gospel Choir and the Capital City Dance Company. Choreography is being provided by Michael Miller. Miller has performed with the Alvin Ailey Dance Company, New York and is a member of The Capital City Dance Company, Trenton.

Tickets for this production are available by calling (609) 969-3038, or (609) 392-0937. Advance ticket purchases for individuals and groups may be arranged by mailing checks or money orders to: The Players'



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Century 21

CITYFIT

Guidelines for prevention of chronic diseases

by Brian E. Harris, M.D.

It is estimated that food habits contribute to 5 out of the 10 leading causes of death in the US: heart disease, cancer, stroke, diabetes mellitus, and atherosclerosis. In the Surgeon General's report on Nutrition and Health it is stated that what one eats influences long term health more than any other factor besides excessive smoking and drinking. One of the challenges that the health care professional faces is to take general concepts and specific recommendations from health authorities and the medical literature and translate them into specific goals for individual patients and communities. Some major goals recommended by the National Institute of Health include:

- 1) avoid being overweight by only consuming enough energy as is expended.
- 2) increase the intake of com-

plex carbohydrates from about 28% to 48% of total calories.

- 3) decrease the consumption of refined (processed) sugars to 10% of total calories.
- 4) reduce the intake of fats from 40% to 30% of all calories
- 5) reduce the intake of saturated fat to less than 10% of total calories, balancing it with the intake of polyunsaturated and monounsaturated fats.
- 6) decrease the consumption of cholesterol to about 300 milligrams daily.
- 7) limit salt use to 5 grams daily.

The general recommendation for decrease in fat is widely accepted. The intake of excess amounts of saturated fat is associated with the risk of developing heart disease, certain cancers and

obesity. To reach these goals of reduced fat, saturated fat and cholesterol intake some suggestions to modify the diet include: the increased intake of fish, low and non-fat dairy products, skinless poultry and lean meats. Other considerations include whole grain products (such as cereals, breads), fruits and vegetables. Also to decrease the cholesterol intake the cutting back on egg yolk, red meats and butter.

In view of the fact that obesity is associated with hypertension, type II Diabetes, hyperlipidemia and cancers all who are overweight are encouraged to lose weight. It is to be noted that losing weight is an effective means of treating hypertension and high cholesterol and reducing the risk of coronary heart disease.

The Diet and Health report of the National Academy of Sci-

ences suggest that Americans consume 5 or more servings of green or yellow vegetables and citrus fruits as well as daily servings of bread, cereals and legumes. Also the consumption of fruits, vegetables and whole grain cereals increase the amount of

fiber intake which is associated with a decrease in constipation and risk for colon cancer and diverticulosis. Some of the general concepts mentioned here can be applied by simple dietary adjustments and can be considered as medical therapy. It is necessary

for individuals to become more aware through education of the need for preventive medicine. The primary care physician is in an ideal position to offer patients individualized nutrition advice about prevention and treatment of chronic disease.

Minutes can make the difference in saving someone's life

by MaryJo Berger, M.D.

More than 350,000 deaths occur each year in the nation from heart attacks. Unfortunately, most of these victims die before they even reach the hospital due to the lack of emergency care intervention available while waiting to be transported to the hospital.

The most dangerous period in a heart attack is during the first two hours after the onset of symptoms (which may include chest pressure, pain in the chest, arm or neck, sweating, nausea, shortness of breath or weakness). If a person's heart stops beating during a heart attack, CPR (cardiopulmonary resuscitation) should be started immediately. It could save his or her life.

When CPR is properly performed, the procedure will keep a heart attack victim alive until advanced medical help arrives. In order to learn the proper technique, it is very important for the rescuer to attend a training course in CPR, taught by a certified instructor. Merely reading about the procedure will not teach it properly.

A CPR course will teach you the first vital steps for aiding any unconscious victim. Therefore, most emergencies will be easier to handle, because you know the important steps in saving a life.

When someone experiences the symptoms of a heart attack, have him or her stop all activity and sit or lie down at once. If the victim is already a heart patient and has nitroglycerine pills for heart pain, he or she may take them as prescribed. If in a ten minute period and after three pills the pain does not subside, call for an ambulance. If the victim has no prescribed medicine, monitor symptoms for two minutes and then call an ambulance.

Never drive a victim to the hospital yourself. If the victim's heart should stop, there is no room to perform CPR in the car. Stay with the victim and watch to see if the victim's heart has suddenly stopped. Be prepared to start CPR at any moment. Once you begin administering CPR, it must not be interrupted for more than 10 seconds.

The American Heart Association urges everyone who is capable of performing CPR to learn the life-saving procedure. Saint Michael's Medical Center offers five levels of CPR instruction,

and courses are geared to suit special needs of groups, including the elderly and the handicapped. Instructor courses are also available, as well as recertification courses. Saint Michael's certified instructors even teach CPR to families with apneic infants

(infants who, because of underdeveloped respiratory skills, sometimes "forget" to breathe) and cardiac patients. There are varying fees for the courses. Funds are used to maintain and support the CPR training program at Saint Michael's.

For more information on the variety of CPR courses available, fees, or to schedule individual or group instruction, contact MaryJo Berger, M.D., director of Life Support Services at Saint Michael's, 877-5355 or 877-5353.



Do-Wop-Love, a musical visit to the Do Wop era continues at the Black Spectrum Theater in the Roy Wilkins Park of southern Queens, New York. Performances are at 8:30 p.m. February 10, 17 and 24. For ticket information call (718) 723-1800.

Photo by Glen Friesen

Newark Distance Classic set to start

Mayor Sharpe James announced that the Sixteenth Annual Newark Distance Classic will be run Sunday, March 11, 1990 at 9:30 a.m.

The road race, which will start and finish at the Rutgers Newark University Gym on the corner of Warren and University Avenue, is being coordinated by Newark Department of Health and Human Services' Division of Recreation and Cultural Affairs (DORCA).

Mayor James called the Distance Classic "a great Newark athletic tradition" that continues to grow each year. "I have enjoyed the race as a participant in the past and I hope to run the Classic again! The race is just a fantastic way to enjoy the festive, competitive atmosphere, and the crisp morning air. It is a splendid way for families and friends to get together."

Roslyn Lightfoot, DORCA manager, agreed and added that the "field has grown more competitive than ever before."

Race coordinator, Harold Wright, said he is happy with the preparations of the race. "There is plenty of room for volunteers to come out and pitch in. I urge individuals and local corporations who are interested in sponsoring a water stop to get involved in this great race!"

The Distance Classic will consist of three events: the 2-Mile Fun Run (for Newark residents only), the 4-Mile and 20-Kilometer Run. The male and female first-place winners of the 20-K will each receive a cash prize of \$1,000 and the Borok's Memorial Trophy.

In addition, The Athletic Congress (TAC) for the (give the number of years) time has desig-

nated the 20-K as the State Championship Race for men, women and teams.

There are eight age categories for the 4-Mile and 20-K races: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over. Trophies will be awarded in all categories.

The pre-entry fee for the Classic is \$10 and deadline is February 16. Runners who wish to compete on the day of the race must register before 9 p.m. sharp and pay the \$12 post-entry fee.

The Distance Classic is being sponsored by Borok's Furnishings and Continental Mattress Company. Free tee-shirts will be given to all entrants while supplies last.

For more information contact: Harold Wright, race coordinator, at: (201) 733-6474.

Newscaster to do series on his addiction and recovery

Newscaster Jim Jensen will talk about his struggle with addiction and his long road to recovery in a special report on "Channel 2 News." The four-part series to be broadcast on WCBS-TV are excerpts from a 38-minute video which Jensen recently taped for the Union County Council on Alcoholism and Other Drug Addictions. Inc. Jensen's story will be aired on channel 2 during the 5 o'clock and 11 o'clock news Tuesday, February 13 through Friday, February 16.

Jim Jensen: A Profile In Survival is a story of addiction, that reaches all generations. According to Council Executive Director Gladys Kearns, the video

was developed as a prevention and educational tool for use in the field of addiction and by The general public. "One of the reasons we approached Jim Jensen about making the video was his long-standing relationship with his audience," says Kearns. "He was anxious to share his joy in recovery and encourage those in the audience who may be struggling with addiction to seek help."

The video, funded in part by the Union County Division on Aging and produced by Axiom Communications, is divided into two parts. First, Jensen discusses his addiction's poor self image, the downward spiral his life took as the disease progressed, and the

effect his addiction had on his personal relationships. He also talks about the difficulty of his recovery: the extreme depression and physical pain and the changes he has since made in his life. Second, Jensen speaks about prevention and how vital it is for everyone, from children and young adults, to baby boomers, to senior citizens. He offers his thoughts on ways to handle adverse situations and talks about the importance of education in preventing substance abuse.

Copies of the complete 38-minute VHS tape Jim Jensen: A Profile In Survival are available through the Union County Council. For information, call 233-8810.

Governor appoints ad hoc committee for auto insurance

TRENTON, N.J.—Senate President John A. Lynch and Assembly Speaker Joseph V. Doria Jr. announced Monday the appointment of a 12-member ad hoc committee to review the Governor's new auto insurance reform proposal.

"The decision to form a joint committee reflects our commitment to making auto insurance reform the Legislature's first priority of the new session," Lynch said.

"We said during the last campaign that we would work with Governor Florio to bring down auto insurance rates and we believe that putting the proposal before a Joint Committee is the most efficient way to do that," Doria said.

The Senate & Assembly Ad Hoc Committee on Automobile Insurance will be co-chaired by Senator Gabe M. Ambrosio, Passaic, and Assembly Majority Leader Wayne R. Bryant, D-Camden-Glooucester. The first hearing on the Governor's auto

insurance proposal, (A. 1 & S. 2295), will be scheduled in the near future, Ambrosio and Bryant said.

"This approach will ensure that both the Senate and the Assembly are moving on the same track so that the Governor's proposal receives a thorough, but expeditious review," Ambrosio said.

"The plan will still have to be approved by the individual appropriations committees and identical legislation passed by both houses before it goes back to the Governor, but we think that the Joint Committee will save at least one step in the process," Bryant said.

The Committee intends to take extensive testimony from insurance experts, consumer advocates and others affected by the legislation before making a recommendation about the plan to the appropriations committees of both the Senate and Assembly.

"Governor Florio's proposal will receive a fair and complete airing at these Committee hear-

ings to make sure that any unforeseen problems are addressed," Lynch said.

"There are many people who will want input on the proposal and this committee intends to listen to all views, but I hope that we can get a bill to the Governor's desk promptly," Doria said.

The five other Senate members of the ad hoc Committee include: Senate Majority Leader Daniel J. Dalton, Atlantic; Senator Richard J. Codey, D-Essex; Senator Raymond Lesniak, D-Union-Middlesex; Senator Lee B. Laskin, R-Camden; and Senator Leonard T. Connors Jr., R-Ocean-Burlington.

The five other Assembly members of the ad hoc Committee include: Assemblyman George Hudak, D-Union-Middlesex; Assemblyman George A. Spadaro, D-Middlesex; Assemblyman Joseph Charles Jr., D-Hudson; Assemblyman Chuck Hardwick, R-Union; and Assemblyman Gerald Zecker, R-Essex-Passaic.



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Volunteers

Known by its motto, "A mind is a terrible thing to waste," the United Negro College Fund (UNCF) will celebrate its 46th anniversary this year. Volunteers are needed to help make the fundraising campaign a success. Those interested in donating their time, products or services should write to United Negro College Fund - Volunteer Program; 24 Commerce Street, Suite 1327; Newark, NJ 07102 or call the New Jersey area office at (201) 642-1955.

HELP WANTED

Radio Station WPAT

Seeking part-time weekend announcers and technicians. Some experience helpful. Please no phone calls. Send tape and resume to: Ken Mackenzie WPAT 1396 Broad Street Clifton, NJ 07013 Equal Opportunity Employer

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Girl Scouts

Residents for Community Action is seeking girls scouts to join their group meeting in the evenings. Call 653-8421. EOE M/F/V/H

HELP WANTED

East Orange Community Development Corporation

A private nonprofit multi-purpose agency serving low income and poor residents of East Orange, is seeking membership for the board of directors. The areas involved are Orange A/B/C/D and East Orange A/B/C/D/E. The membership are voluntary and addresses community issues. For consideration please forward resume to East Orange Community Development Corporation, 490 Main Street, East Orange, New Jersey 07017. Before or by April 16, 1990. We are an Equal Opportunity Affirmative Action Employer

Senior Citizens

Residents for Community Action is seeking senior citizens for its Senior Citizens Center multi purpose program. Nutrition for senior citizens daily, senior club Tuesday and Thursday evenings, senior trips, doctors appointments, shopping trips, trips to theater and Atlantic City. Call 483-9420 to apply. We are an Equal Opportunity Affirmative Action Employer

Secretary

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Volunteers

The Newark Library Campaign seeks volunteers in Newark to tutor reading. Especially people to tutor during the hours of 3:30 p.m. and 5:00 p.m. weekdays. For further information call Joan Lazar, Executive Director, Newark Library Campaign, Inc. 201-623-4001 or write to the Newark Library Campaign, c/o The Newark Public Library PO Box 530 Newark, NJ 07101. We are an Equal Opportunity Affirmative Action Employer

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CITYSPORTS

A VIEW FROM THE SIDELINE

by Fern Taylor
City News Writer



State indoor championships showcase city talent



Ernesto Perez of Newark West-Side, who has the year's best time in the 800m with a 1:55.5, was upset in the NJISAA Group IV final by city rival Doran Fenner. Perez and Fenner will battle twice more in the Essex County Championships and the state's Meet of Champions.

Photo by Ray Bailey

Rogers stars for Cardinals

by Fern Taylor
City News Writer

PRINCETON -- Plainfield's Giacobbe Rogers was a picture of intensity, attacking, jumping, flying over each hurdle, getting every ounce of energy he could out of his lithe, wiry-strong frame.

Rogers' style served him well Sunday at Jadwin Gym, as the senior co-captain qualified for the Group IV 55-meter hurdle final, where he finished a solid third in a time of 7.80.

"Rogers has been very consistent -- he's there every day and he's working hard," said Plainfield head coach Ron Upperman. He's doing a great deal with the talent he has. He doesn't have a whole lot of speed but has good flexibility and good coordination and he works hard. That's how he got where he is. Hard work and determination. I admire him for that."



Giacobbe Rogers of Plainfield attacks this hurdle with a vengeance during a qualifying heat of the 55-meter hurdles at Sunday's NJISAA state championships in Princeton. Rogers finished third in Group IV.

Photo by Ray Bailey

Ferguson, Barr lead Newark Arts to 3rd place finish in state Group 1 championships

by Fern Taylor
City News Writer

PRINCETON--You could see a smile of satisfaction creeping through the pain and exhaustion etched on the face of Fuquan Ferguson's as he and teammate Bernard Barr stood in the middle of Princeton's Jadwin gym.

Ferguson had reason to smile. He had just won the NJISAA Group 1 400 meter state indoor title in a record time of 51.54.

"I didn't think it would be this difficult," said the slender senior, grinning while holding his thigh, the source of a nagging muscle strain. "I'm glad I won though."

Ferguson had to shift into second gear to outkick Rich Reichenbach of South River (51.65) down the stretch to capture the title. Ferguson's teammate Bernard Barr (53.62) took third place. Ferguson also finished fourth in the 55-meter high

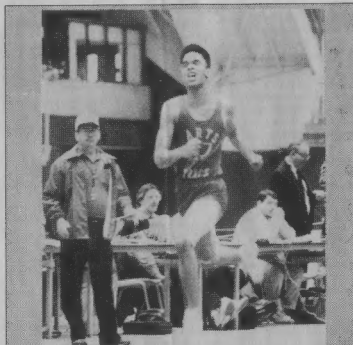
hurdles (8.07).

The Ferguson-Barr tandem led Arts High (13 points) to a third place finish behind co-winners Metuchen and South River (16 points). While proud of their individual efforts, the two runners were a bit disappointed that they did not take the top two spots. "Usually, we finish first and second," said Ferguson, who's studying art. "I'd rather have my own teammate (Barr) beat me than someone else from another school."

"When we run, we'll talk to each other," Barr, a voice major, added. "We push each other all the time."

Arts High coach was pleased with the performances of a team which he considers the strongest he's had. Moore had particular praise for his 400 meter men.

"Most of the points we've gotten this year have been from them," he said. These two boys have been my horses all year."



Fuquan Ferguson of Arts High strides to victory in the 400 meter Group 1 championship. Ferguson set a new Group record with a 54.51 clocking.

Photo by Ray Bailey

Sportlight By H.J. GREENE

Fair drug testing needed for minority athletes

NEW YORK--Before the San Francisco 49ers took to the field and showed everyone they are one of the best teams to ever play in the National Football League, Paul Tagliabue presented his first State of the NFL news conference. He didn't mention in his prepared text the furor that surrounded this year's Super Bowl.

The 49ers' bombardment of the Denver Broncos was mild compared to the shelling the NFL took when WFLA-TV announced the results of its investigation in the league's drug policy.

The Washington television station said the league's drug-testing program was racially biased and charged that three white quarterbacks tested positive for drug use but that nothing was ever done to them. It also noted that of the 30 players who have been suspended by the league, 26 have been Black.

Paul Tagliabue, presiding over his first Super Bowl as NFL commissioner, called the television station's report "a smear." He

also took exception to the station's assertion that called into question every drug-related suspension by the league. That, the station said, was based on the drug-testing methods.

Of those suspended, many have admitted they had an addiction and many offered their thanks to the National Football League for finding and helping them deal with their problem, Tagliabue said. "The (television) program had so many distortions and innuendoes and only smidgens of truth that I would tend to say, no, there was nothing in it if I would say was fair or accurate."

Tagliabue is a lawyer and typically answered the charges by mounting a counter-attack. Unfortunately, the nation's sports media assembled for the annual party called the Super Bowl didn't ask the right questions.

The Washington station didn't really knock the NFL in its report. It took off on the doctor who administers the league's drug-testing

program. And the station didn't televise some of the most damaging tape it has of Dr. Forest Tennant.

In the Olympic Games, the urine specimen is divided in half. If one half tests positive for drugs, the other half is tested in front of officials from the country whose athlete is involved. If that specimen tests positive, at least someone outside the testing lab can say they know about it.

The NFL has left everything in the hands of Dr. Tennant, who has become the prosecuting attorney, the judge and the jury. No one asked Tagliabue if the league demanded safeguards in the drug-testing program.

Prior to WFLA-TV's report, the television contacted the NFL on 19 different occasions to get the league to take a look at their evidence and give their side of the report. The NFL refused to get involved. The league is involved now.

"I am now searching for minority doctors who would be a

part of the testing program," the commissioner said. "It is one way to strengthen and broaden the program."

Two statements made by Dr. Tennant that were shown also bothered the commissioner. In one, the doctor made disparaging remarks about Blacks, Hispanics and Asians. In the other, Dr. Tennant said he didn't believe counseling helped "the addicted user," which is against the current prevailing view.

The doctor's high-handed approach bothers Tagliabue. And the NFL is highly interested in the image it presents to the public, if nothing else.

The NFL will get rid of Dr. Tennant, if for nothing else than he has tarnished the image. And getting rid of Dr. Tennant is exactly what WFLA-TV's report was aiming at.

I say, forget them. What is important is that the NFL drug-testing become honest, not only with itself but with the public and the players.

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